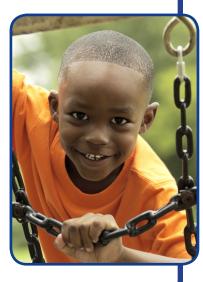
North Dakota Coordinated School Health Strategies

Tobacco

Physical Education

- Promote recreational activities as healthy alternatives to tobacco use.
- Demonstrate the effect tobacco use has on cardiovascular health and fitness.



Health Services

- Have school nurses use the 5As to screen students for tobacco use.
- Implement a teen cessation program (Help Teens Stop Using Tobacco [TAP], Not on Tobacco).

Health Education

- Implement evidence-based tobacco prevention curricula (Project Towards No Tobacco, Life Skills Training).
- Implement alternatives to suspension (Intervening with Teen Tobacco Users [TEG], Alternatives to Suspension [ATS]) for tobacco-use violators.

Nutrition Services

- Provide healthy food, snacks and drinks for all students.
- Provide education on nutrition issues related to tobacco use, such as weight control.



North Dakota Coordinated School Health Strategies

Healthy School Environment

- Implement and enforce a comprehensive tobaccofree school policy.
- Display tobacco-free school policy signs.

Tobacco-Free

Dr. Wayne G. Sanstead State Superintendent

600 E. Boulevard Avenue

Bismarck, ND 58505-0400

NO TOBACCO is permitted o

Family & Community Involvement

- Offer tobacco cessation programs for family and community members.
- Partner with law enforcement to report teen tobacco-use violators
- Partner with youth groups working on tobacco prevention projects.
- Encourage local businesses not to sell tobacco products to youth.

Counseling, Psychological & **Social Services**

- Train school counselors in teen tobacco cessation.
- Offer counseling services to students who use tobacco.



Health **Promotion** for Staff

- Enforce a comprehensive tobacco-free environment.
- Offer tobacco cessation classes or resources to staff.



For information about tobacco prevention and control, visit the North Dakota Division of Tobacco Prevention and Control website at www.ndhealth.gov/tobacco.



